

A R I Z O N A

# health guide

RESOURCES FOR THE UNINSURED

**GET WELL.  
STAY WELL.  
HERE'S HOW!**



**WELCOME**

I hope you find the following guide of important health resources useful. This guide includes valuable information about health services that may be available to you and your family.

The information includes how to access services such as community health centers, senior services, and behavioral health care, as well as information about personal responsibility and how you can take charge of your health care and make the right choices to keep you and your family healthy.

Yours in good health,

  
**Governor Janice K. Brewer**

## 04 GET CARE COMMUNITY HEALTH CENTERS & PREVENTIVE CARE

>>An ounce of prevention is worth a pound of cure. Visit a local community health center for all of your day-to-day health concerns.

## 16 COUNTY HEALTH RESOURCES

>>Look to your county health department for vaccines, prenatal care and more.

## 18 INDIAN HEALTH SERVICES

>>A wide array of health services are available to members of Arizona's 22 American Indian tribes — on or off the reservation.

## 20 GET COVERAGE STATE SPONSORED INSURANCE PLANS

>>Innovative solutions to help businesses, families and children in need.

## 22 AFFORDABLE HEALTH RESOURCES

>>Low-cost private plans offer easy access to health services for you and your family.

## 24 VETERANS' HEALTH SERVICES

>>Our veterans deserve the best. Top-quality medical services are available through the state and state governments.

## 26 PRESCRIPTION ASSISTANCE

>>Sounds too good to be true, but you really can get medicines prescribed by your doctor free or at significant savings.

## 28 GET HELP NATAL AND PRE-NATAL CARE

>>How to stay healthy if you are pregnant or in between pregnancies.

## 30 ELDER HEALTH SERVICES

>>Find out about special health resources for the elderly and those who care for them.

## 31 QUITTING SMOKING

>>As if you didn't already have enough reasons to quit, the Arizona Smoker's Helpline (ASHLine) offers free tips and medications.

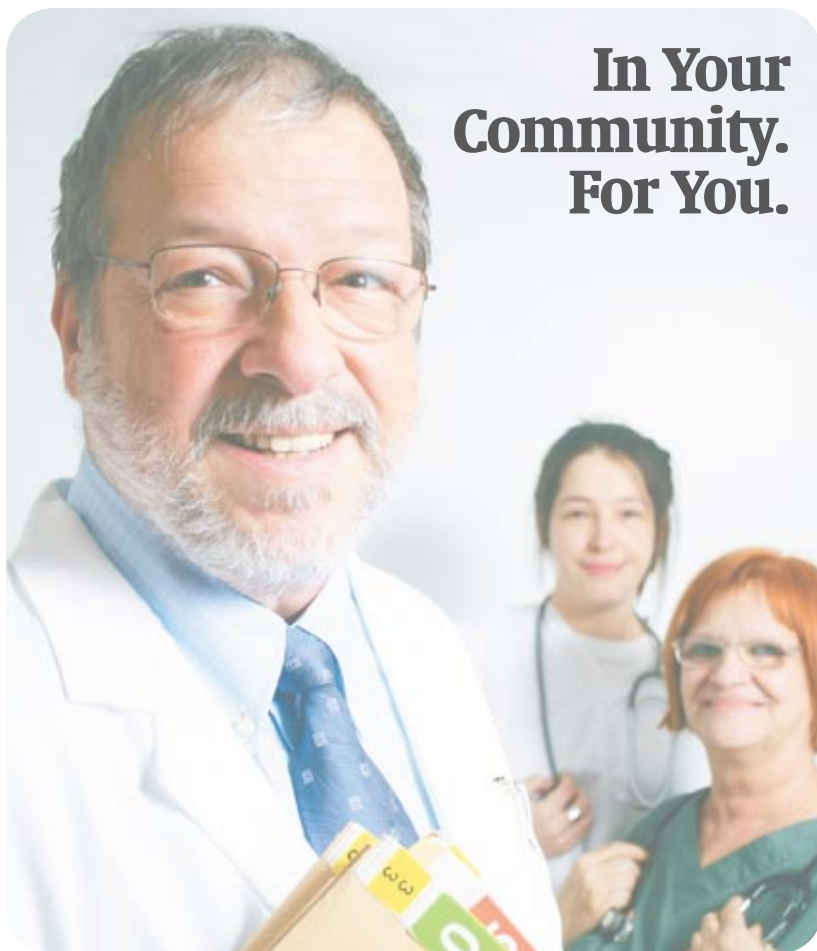
## 32 BEHAVIORAL HEALTH SERVICES

>>Services for children and adults with mental health needs, including help with substance abuse.



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**In Your  
Community.  
For You.**

# Quality care

Community health centers, part of Arizona's public health system, offer preventive care and checkups that help keep Arizonans from developing life-threatening conditions that could later require surgeries or expensive medications. Make the most out of them!



## COMMUNITY HEALTH CENTERS

Arizona's community health centers provide access to primary health care services for both insured and uninsured Arizonans. From your child's annual physical exam and school immunizations to prenatal care, treatment of common colds and diabetes, they are your first stop on the road to good health.

**TYPES OF CARE PROVIDED:**

- »Primary care and preventive services
- »Urgent medical services
- »Immunizations
- »Obstetrical care
- »Care of chronic diabetes, asthma and hypertension
- »Well Woman HealthCheck program (pelvic exams, pap smears, clinical breast exams, and mammograms)
- »Prescription assistance
- »Breastfeeding education
- »Diagnostic laboratory and X-rays
- »Occupational health
- »Family planning
- »Prenatal and parenting education
- »Health education
- »Preventive therapeutic services
- »Outreach services
- »Translation services
- »Substance abuse counseling and treatment

A sliding fee schedule (SFS) is used by providers offering discounted fees for services to persons without health insurance. The SFS determines, based on gross family income, the percentage or portion of billed charges that the uninsured patient will be responsible for paying.

The Arizona health service sites listed in this section offer discounted fees for those who do not have health insurance. Efforts have been made to verify that the information presented here is current as of the date prepared. However, since frequent changes occur, we ask that you call the facility before making a personal visit.

**APACHE  
COUNTY****NORTH COUNTRY  
COMMUNITY  
HEALTH CENTER  
ROUND VALLEY**

830 E. Main St.  
Unit 230  
Springerville,  
AZ 85938  
Phone: 928-333-0127

**NORTH COUNTRY  
COMMUNITY  
HEALTH CENTER  
Saint Johns**

625 North 13th St. West  
Saint Johns, AZ 85936  
Phone: 928-337-3705

**NORTHERN APACHE  
COUNTY SPECIAL  
HEALTH CARE  
DISTRICT  
SAGE MEMORIAL  
HOSPITAL\***

Highways 264  
and US 191  
P.O. Box 457  
Ganado, AZ  
86505-0457  
Phone: 928-755-4500

**NORTHERN APACHE  
COUNTY SPECIAL  
HEALTH CARE  
DISTRICT  
SAINT MICHAELS  
CLINIC**

359 W. State  
Highway 264 #A  
Saint Michaels, AZ  
86511  
Phone: 928-810-3809  
Dental: 928-755-4656

**MOUNTAIN  
AVENUE CLINIC  
WHITE MOUNTAIN  
PRIMARY CARE**

118 S. Mountain Ave.  
Springerville, AZ  
85938  
Phone: 928-333-5333

**WHITE MOUNTAIN  
REGIONAL  
MEDICAL CENTER  
MOUNTAIN  
AVENUE CLINIC**

606 North Main Street  
Eagar, AZ 85925-9813  
Phone: 928-333-5333

**COCHISE  
COUNTY****ARIZONA FAMILY  
CARE ASSOCIATES  
- SIERRA VISTA**

6 South 2nd Street  
Sierra Vista, AZ 85635  
Phone: 520-458-4335

**CHIRICAHUA  
COMMUNITY  
HEALTH CENTER  
- BISBEE**

108 Arizona Street  
Bisbee, AZ 85603-1804  
Phone: 520-432-3309

**CHIRICAHUA  
COMMUNITY  
HEALTH CENTER  
- DOUGLAS**

1205 F Ave  
Douglas, AZ  
85607-1919  
Phone: 520-364-3285

**CHIRICAHUA  
COMMUNITY  
HEALTH CENTER  
- ELFRIDA\***

10566 N. US Hwy 191  
P.O. Box 263  
Elfrida, AZ 85610-0263  
Phone: 520-642-2222

**COPPER QUEEN  
MEDICAL  
ASSOCIATES  
RHC - DOUGLAS**

100 East 5th Street  
Douglas, AZ  
85607-2859  
Phone: 520-364-7659

**COPPER QUEEN  
MEDICAL  
ASSOCIATES RHC**

101 Cole Avenue  
Bisbee, AZ 85603-1327  
Phone: 520-432-6400

**MDMED, INC**

6049 East Hwy 90  
Sierra Vista, AZ 85635  
Phone: 520-439-4441

**PROGRESSIVE  
HEALTHCARE  
GROUP, INC**

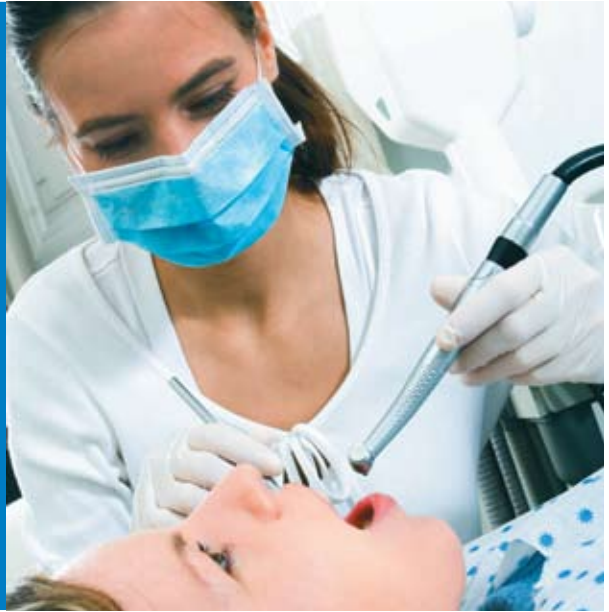
300 South Ocotillo  
Benson, AZ 85602  
Phone: 520-586-1796

## COMMUNITY HEALTH CENTERS

## A BRIGHT SMILE IS A SIGN OF HEALTHY LIVING!

Dental health affects your overall physical well-being, even the health of your heart. So safeguard your smile and the rest of your body by stopping by a community health center near you. Health centers that offer sliding-fee-scale dental services are marked on this list with an asterisk \*.

Additional dental resources are listed on pages 15.



### SOUTHEAST ARIZONA MEDICAL CENTER

2174 West Oak Avenue  
Douglas, AZ 85607  
Phone: 520-805-5938

### UNITED PATHOLOGY, INC

75 Colonia  
de Salud #200D  
Sierra Vista, AZ 85635  
Phone: 520-459-1984

### COCONINO COUNTY

### CANYON VIEW MEDICAL CENTER

601 North Navajo Drive  
P.O. Box 7050  
Page, AZ 86040-7050  
Phone: 928-645-8821

### CANYONLANDS COMMUNITY HEALTH CARE \* FREDONIA COMMUNITY HEALTH CENTER

100 East Wood Hill Road  
P.O. Box 175  
Fredonia, AZ 86022-0175  
Phone: 928-643-6215

### CANYONLANDS COMMUNITY HEALTH CARE LAKE POWELL MEDICAL CENTER

467 Vista Avenue  
P.O. Box 1625  
Page, AZ 86040-1625  
Phone: 928-645-8123

### CANYONLANDS COMMUNITY HEALTH CARE NORTHWEST CANYONLANDS URGENT CARE WALK-IN CLINIC

440 North Navajo Drive  
Page, AZ 86040  
Phone: 928-645-1700

### NORTH COUNTRY COMMUNITY HEALTH CENTER\*

2920 North 4th Street  
Flagstaff, AZ 86004  
Phone: 928-213-6100

### NORTH COUNTRY COMMUNITY HEALTH CENTER - GRAND CANYON

1 Clinic Road, P.O. Box 369  
Grand Canyon, AZ 86023-0369  
Phone: 928-638-2551

### NORTH COUNTRY COMMUNITY HEALTH CENTER - SELIGMAN

22585 West Oak Street  
Seligman, AZ 86337  
Phone: 928-422-4017

### NORTH COUNTRY COMMUNITY HEALTH CENTER - WINSLOW\*

620 West Lee  
Winslow, AZ 86047  
Phone: 928-289-2000

### TUBA CITY INDIAN MEDICAL CENTER

167 North Main Street  
Tuba City, AZ 86045  
Phone: 928-283-2501

### GILA COUNTY

### FAMILY PRACTICE CARE OF GLOBE

2059 Pioneer Hills Road  
Miami, AZ 85539  
Phone: 928-425-5793

### GLOBE FAMILY MEDICAL CLINIC

2005 Highway 60  
Globe, AZ 85001  
Phone: 928-425-5651

## COMMUNITY HEALTH CENTERS

**PLEASANT VALLEY  
COMMUNITY  
MEDICAL CENTER**

288 Tweksbury Road  
Young, AZ 85554  
Phone: 928-462-3435

**RED ROCK HEALTH CARE**

5990 South Hospital Drive  
Globe, AZ 85501  
Phone: 928-425-8151

**GRAHAM COUNTY****CANYONLANDS  
COMMUNITY HEALTH CARE  
SAFFORD CLINIC**

618 Central Avenue  
Safford, AZ 85546-2721  
Phone: 928-428-1500

**GREENLEE COUNTY****CANYONLANDS  
COMMUNITY HEALTH  
CARE CLIFTON FAMILY  
HEALTH CENTER**

759 Ward Canyon Rd., Ste. A  
Clifton, AZ 85533-8090

**CANYONLANDS COMMUNITY  
HEALTH CARE - DUNCAN**

227 Main Street  
Duncan, AZ 85534  
Phone: 928-359-1380

**LA PAZ COUNTY****BOUSE MEDICAL CLINIC**

44031 East Plumosa Road  
Bouse, AZ 85325  
Phone: 928-851-2177

**LA PAZ MEDICAL SERVICES**

150 E Tyson Road  
P.O. Box 4618  
Quartzsite, AZ 85359-4618  
Phone: 928-927-8747

**PARKER COMMUNITY  
HOSPITAL LA PAZ  
REGIONAL HOSPITAL**

1200 West Mohave Rd.  
Parker, AZ 85344-6349  
Phone: 928-669-9201

**TRI VALLEY MEDICAL CENTER**

39726 Harquahala Mine Road  
Salome, AZ 85348  
Phone: 928-859-3460

\* Dental services offered

## VACCINES: FREE SHOTS FOR YOUR CHILDREN

Not only do vaccines protect us from devastating diseases such as diphtheria, tetanus, polio, measles, hepatitis and the mumps – they are also required before your kids can enroll in school.

Your children can receive these free vaccines through their primary care doctor or at a community health center near you thanks to the Vaccines for Children (VFC) program. Parents can also bring their children to their county health departments, which are required by law to provide free vaccinations for those shots that are required for school enrollment. Contact information for each of the local health departments is listed in the County Health Resources section (pages 16-17).

For more information about free vaccinations call 602-263-8856 and visit: [www.azdhs.gov/phs/immun/iapcoor1.htm](http://www.azdhs.gov/phs/immun/iapcoor1.htm)



## COMMUNITY HEALTH CENTERS

## MARICOPA COUNTY

**ADVANCED  
CARDIAC SPECIALISTS**

451 East 4th Place  
Mesa, AZ 85203  
Phone: 480-668-8661

**ARIZONA  
GRAND MEDICAL CENTER**

4225 W. Glendale Suite B200  
Phoenix, AZ 85004  
Phone: 602-934-5600

**ARIZONA KIDNEY  
DISEASE AND  
HYPERTENSION CENTER**

3003 North Central Avenue  
Phoenix, AZ 85012  
Phone: 602-997-0484

**MT HEALTHCARE  
HEALTH SERVICES CLINIC**

3225 N. Civic Center Plaza Suite 10  
Scottsdale, AZ 85257-3818  
Phone: 480-941-9283

**CARE PARTNERSHIP\***

466 South Bellview  
Mesa, AZ 85204-2502  
Phone: 480-962-5197

**CENTRO DE AMISTAD, INC.**

8202 South Avenida Del Yaqui  
Guadalupe, AZ 85283-1024  
Phone: 480-839-2926

**CLINICA ADELANTE, INC.  
ADELANTE WOMEN'S  
HEALTH CARE**

14300 W. Granite Valley  
Dr., Ste. A2  
Sun City West, AZ 85375-5865  
Phone: 623-544-3214

**CLINICA ADELANTE, INC.\*  
BUCKEYE DENTAL CARE**

306 East Monroe Avenue  
Buckeye, AZ 85326-2706  
Phone: 623-386-1630

**CLINICA ADELANTE, INC.  
BUCKEYE FAMILY  
CARE CENTER**

306 E. Monroe Ave.  
Buckeye, AZ 85326-2706  
Phone: 623-386-4593

**CLINICA ADELANTE, INC.  
EAST VALLEY FAMILY CARE**

2204 South Dobson Rd., Ste. 101  
Mesa, AZ 85202-6457  
Phone: 877-809-5092

**CLINICA ADELANTE, INC.  
GILA BEND PRIMARY  
CARE CENTER**

100 North Gila Blvd.  
Gila Bend, AZ 85337  
Phone: 877-809-5092

**CLINICA ADELANTE, INC.  
RURAL HEALTH TEAM**

306 East Monroe Ave.  
Buckeye, AZ 85326-2706  
Phone: 623-386-6114

**CLINICA ADELANTE, INC.  
TIDWELL FAMILY  
CARE CENTER**

16560 North Dysart Road  
Surprise, AZ 85374-3717  
Phone: 877-809-5092

**CLINICA ADELANTE, INC.  
WICKENBURG FAMILY  
CARE CENTER**

811 N. Tegner Suite 13  
Wickenburg, AZ 85390-2226  
Phone: 877-809-5092

**DESERT NEPHROLOGY &  
HYPERTENSION, INC.**

1175 West Wickenburg Way #4  
Wickenburg, AZ 85390  
Phone: 928-684-5060

**DESERT NEPHROLOGY &  
HYPERTENSION, INC.**

10503 W. Thunderbird, Ste. 113  
Sun City, AZ 85351  
Phone: 623-975-7171

**JOHN C. LINCOLN COMMUNITY  
HEALTH CENTER\***

JOHN C. LINCOLN WOMEN'S/  
CHILDREN'S HEALTH CENTER  
9201 N. 5th Street  
Phoenix, AZ 85020-2415  
Phone: 602-331-5779

**MARICOPA COUNTY HEALTH  
CARE FOR THE HOMELESS**

220 South 12th Street  
Phoenix, AZ 85034  
Phone: 602-372-2100

**MARICOPA INTEGRATED  
HEALTH SYSTEM\*****AVONDALE FAMILY  
HEALTH CENTER**

950 East Van Buren Street  
Avondale, AZ 85323-1506  
Phone: 623-344-6800  
Dental: 623-344-6809

**MARICOPA INTEGRATED  
HEALTH SYSTEM\***

Chandler Family Health Center  
811 South Hamilton Street  
Chandler, AZ 85225-6308  
Phone: 480-344-6100  
Dental: 480-344-6109

**MARICOPA INTEGRATED  
HEALTH SYSTEMS  
COMPREHENSIVE  
HEALTH CENTER**

2525 East Roosevelt Street  
Phoenix, AZ 85008-4948  
Phone: 602-344-5011

**MARICOPA INTEGRATED  
HEALTH SYSTEM**

El Mirage Family Health Center  
12428 W. Thunderbird Rd.  
El Mirage, AZ 85335-3113  
Phone: 623-344-6500

**MARICOPA INTEGRATED  
HEALTH SYSTEM\*  
GLENDALE FAMILY  
HEALTH CENTER**

5141 West Lamar Road  
Glendale, AZ 85301-3423  
Phone: 623-344-6700  
Dental: 623-344-6709

**MARICOPA INTEGRATED  
HEALTH SYSTEM  
GUADALUPE FAMILY  
HEALTH CENTER**

5825 East Calle Guadalupe  
Guadalupe, AZ 85283-2664  
Phone: 480-344-6000

**MARICOPA INTEGRATED  
HEALTH SYSTEM  
MARYVALE FAMILY  
HEALTH CENTER**

4011 North 51st Avenue  
Phoenix, AZ 85031-2601  
Phone: 623-344-6900

**MARICOPA INTEGRATED  
HEALTH SYSTEM  
MCDOWELL  
HEALTHCARE CENTER**

1144 E. McDowell Rd., Ste. 300  
Phoenix, AZ 85006-2620  
Phone: 602-344-6550

**MARICOPA INTEGRATED  
HEALTH SYSTEM\*  
MESA FAMILY HEALTH CENTER**

59 South Hibbert  
Mesa, AZ 85210-1414  
Phone: 480-344-6200  
Dental: 480-344-6209

**MARICOPA INTEGRATED  
HEALTH SYSTEM\*  
SEVENTH AVENUE FAMILY  
HEALTH CENTER**

1205 South 7th Avenue  
Phoenix, AZ 85007  
Phone: 602-344-6600  
Dental: 602-344-6609

\* Dental services offered



## COMMUNITY HEALTH CENTERS



## BREAST AND CERVICAL CANCER SCREENING

All women should receive regular checkups for breast and cervical (cervix of the uterus) cancer. The Well Woman HealthCheck Program is here to help! Free breast and cervical cancer screenings are available for women who are low-income and uninsured.

### ELIGIBILITY:

- » Women between the ages of 18-64
- » Uninsured
- » Not eligible for any other public assistance program
- » Meet certain income requirements

### SERVICES AVAILABLE:

- » Breast exam and mammography for breast cancer screening
- » Pelvic exam and PAP test for cervical cancer
- » Further diagnostic services are available if initial screening results are abnormal

### HOW TO APPLY:

- » Call the statewide hotline
- » If you are eligible for services, you will be referred to the health provider nearest you

**HOTLINE:** 1-888-257-8502

### WEBSITE:

[www.wellwomanhealthcheck.org](http://www.wellwomanhealthcheck.org)

#### SOUTH CENTRAL FAMILY HEALTH CENTER NATIVE HEALTH NATIVE AMERICAN

33 West Tamarisk Street  
Phoenix, AZ 85041-2422  
Phone: 602-344-6400

#### MARICOPA INTEGRATED HEALTH SYSTEM SUNNYSLOPE FAMILY HEALTH CENTER

934 W. Hatcher Road  
Phoenix, AZ 85021-3139  
Phone: 602-344-6300

#### MARYVALE CARDIOLOGY, P.C.

5251 W. Campbell Avenue, #206  
Phoenix, AZ 85031  
Phone: 623-848-3295

#### MOUNTAIN PARK HEALTH CENTER - EAST PHOENIX

690 N. Cofco Center Ct., Ste. 230  
Phoenix, AZ 85008-6464  
Phone: 602-286-6090

#### NATIVE HEALTH<sup>®</sup> NATIVE AMERICAN COMMUNITY HEALTH CENTER, INC.

4520 North Central Avenue  
Phoenix, AZ 85012  
Phone: 602-279-5262

#### NEIGHBORHOOD CHRISTIAN CLINIC<sup>\*</sup>

1929 West Fillmore St., Bldg. C  
Phoenix, AZ 85009-3812  
Phone: 602-258-6008

#### NEONATOLOGY ASSOCIATES, LTD

300 W. Clarendon Avenue #375  
Phoenix, AZ 85013  
Phone: 602-277-4161

#### OSO MEDICAL

378 North Litchfield Rd.  
Goodyear, AZ 85338-1239  
Phone: 623-925-2622

#### PASCUA YAQUI HEALTH PROGRAMS 9405 SOUTH AVENIDA DEL YAQUI

Guadalupe, AZ 85283-2529  
Phone: 480-768-2021  
Phoenix Medical Group - Glendale  
8607 North 59th Ave., Ste. A1  
Glendale, AZ 85302  
Phone: 623-815-7800

#### PHOENIX MEDICAL GROUP - PEORIA

9171 W. Thunderbird Road, Ste. 101  
Peoria, AZ 85381  
Phone: 623-815-7800

#### PHOENIX MEDICAL GROUP - SURPRISE

14873 West Bell Road,  
Surprise, AZ 85374  
Phone: 623-815-7800

#### PS MEDICAL GROUP

515 W. Buckeye Road, Ste. 402  
Phoenix, AZ 85003-2651  
Phone: 602-257-9229

#### RAINBOW MEDICAL GROUP - GOODYEAR

750 N. Estrella Parkway, Ste. 20  
Goodyear, AZ 85338  
Phone: 623-298-4642

#### RAINBOW MEDICAL GROUP - MARYVALE

4700 North 51 Avenue, Ste. 1  
Phoenix, AZ 85031  
Phone: 623-845-8200

#### RAINBOW PEDIATRICS

303 E. Baseline Road, Ste. 306  
Phoenix, AZ 85042  
Phone: 602-305-8200

#### SAGUARO MEDICAL ASSOCIATES, P.C.

5145 W. Thunderbird Road  
Glendale, AZ 85306  
Phone: 602-978-5600

#### SCOTTSDALE HEALTHCARE

<sup>\*</sup> Dental services offered

**COMMUNITY HEALTH CENTERS****HEALTH CARE AT SCHOOL**

Did you know that many of Arizona's public schools offer checkups, immunizations and other primary care services for your child? If you're not sure if your child's school offers such services, simply call or visit the school's office and ask!

**HEUSER FAMILY MEDICINE CENTER**

7301 East 2nd St., Ste. 210  
Scottsdale, AZ 85251-5620  
Phone: 480-675-4504

**SOUTHWEST KIDNEY INSTITUTE**

2620 North 3rd Street #100  
Phoenix, AZ 85004  
Phone: 602-277-4429

**ST. VINCENT DE PAUL MEDICAL/VIRGINIA G. PIPER DENTAL CLINIC\***

420 West Watkins Road  
Phoenix, AZ 85003-2830  
Phone: 602-261-6868

**SUN HEALTH DEL E. WEBB HEALTH CENTER**

1395 West Wickenburg Way  
Wickenburg, AZ 85390-4231  
Phone: 928-684-5428

**TEMPE COMMUNITY ACTION AGENCY, INC.**

2150 East Orange Street  
Tempe, AZ 85281-4814  
Phone: 480-350-5880

**VHS OUTPATIENT CLINICS**

5102 West Campbell  
Phoenix, AZ 85031-1703  
Phone: 623-848-5000

**MOHAVE COUNTY****CANYONLANDS COMMUNITY HEALTH CARE \* NORTHWEST ARIZONA REGIONAL HEALTH CENTER**

P.O. Box 490  
Littlefield, AZ 86432-0490  
Phone: 928-347-5971

**CENTRAL MOHAVE MEDICAL CLINICS, INC.**

16055 North Pierce Ferry Road  
Dolan Springs, AZ 86441-7502  
Phone: 928-767-3555

**DESERT OASIS MEDICAL CENTER**

1225 Hancock Road, Ste. C  
Bullhead City, AZ 86442-5961  
Phone: 928-758-0121

**SILVER CREEK FAMILY PRACTICE, P.C.**

1510 Turquoise Road  
Bullhead City, AZ 86442  
Phone: 928-763-9290

**WESTERN MOUNTAIN MEDICAL CENTER**

3015 Highway 95 #107B  
Bullhead City, AZ 86442  
Phone: 928-763-0433

**NAVAJO COUNTY****CANYONLANDS COMMUNITY HEALTH CARE CHILCHINBETO CLINIC**

P.O. Box 1496  
Kayenta, AZ 86033-1496  
Phone: 928-697-8154

Cedar Hills Health Center  
8215 East Concho Highway  
Snowflake, AZ 85937  
Phone: 928-536-3858

**NORTH COUNTRY COMMUNITY HEALTH CENTER - HOLBROOK**

Family Healing Center  
1401 West Florida Street  
Holbrook, AZ 86025-2218  
Phone: 928-524-2851

**NORTH COUNTRY COMMUNITY HEALTH CENTER - WINSLOW**

620 Lee Street  
Winslow, AZ 86047-2435  
Phone: 928-289-2000

## COMMUNITY HEALTH CENTERS

## PIMA COUNTY

**ARIZONA MEDICAL SERVICES, P.C.  
MIDVALE MEDICAL CENTER**

1460 West Valencia Road  
Tucson, AZ 85746  
Phone: 520-573-0966

**DESERT SENITA  
COMMUNITY  
HEALTH CENTER**

410 North Malacate Street  
Ajo, AZ 85321-2254  
Phone: 520-387-5651

**DESERT SENITA  
DENTAL CENTER\***

410 North Malacate St.,  
Building B  
Phone: 520-387-5651

**EL RIO HEALTH CENTER**

1101 E. Broadway Blvd., Ste  
Tucson, AZ 85719-5845  
Phone: 520-624-7750

**EL RIO HEALTH CENTER\***

839 West Congress Street  
Tucson, AZ 85745-2891  
Phone: 520-792-9890

**EL RIO HEALTH CENTER****EL RIO BIRTH  
AND WOMEN'S CENTER**

2595 North Wyatt Drive  
Tucson, AZ 85712  
Phone: 520-795-9912

**EL RIO HEALTH CENTER\*****EL RIO FLOWING  
WELLS DENTAL**

4009 North Flowing Wells Rd.  
Tucson, AZ 85705-2404  
Phone: 520-408-0836

**EL RIO HEALTH CENTER****EL RIO PASCUA YAQUI CLINIC**

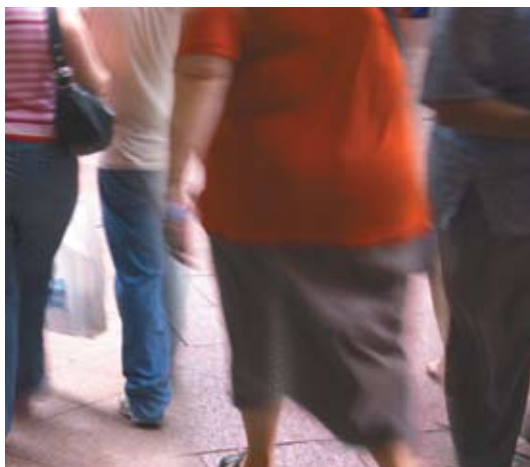
7474 South Camino de Oeste  
Tucson, AZ 85746-9308  
Phone: 520-879-6225

**EL RIO HEALTH CENTER****EL RIO SPECIAL  
IMMUNOLOGY ASSOCIATES**

1701 W. Saint Marys Rd., Ste. 160  
Tucson, AZ 85745-2621  
Phone: 520-628-8287

**EL RIO HEALTH CENTER****SCHOOL VIEW ELEMENTARY  
SCHOOL BASED CLINIC**

1900 East Summit Street  
Tucson, AZ 85706-9127  
Phone: 520-545-3860

**LIGHTEN UP!  
CONTROL OBESITY**

Obesity leads to serious adult health problems such as diabetes and heart disease and puts strain on the whole body. Childhood obesity and diabetes are also growing problems that can be prevented now with a few smart choices.

**HEALTHY ARIZONA 2010 PROGRAM**

Part of Healthy People 2010, Healthy Arizona 2010 is a comprehensive statewide program designed to improve the health of Arizonans over the next decade. Healthy Arizona 2010 focuses on physical activity, nutrition, tobacco and substance abuse and other issues through events and initiatives all year long.

For more info, call 602-542-1219  
and visit [www.azdhs.gov/phs/healthyaz2010/](http://www.azdhs.gov/phs/healthyaz2010/)

**EL RIO HEALTH  
CENTER NORTHWEST**

320 West Prince Road  
Tucson, AZ 85705-3526  
Phone: 520-670-3909

**EL RIO HEALTH SOUTHWEST\***

1530 West Commerce Court  
Tucson, AZ 85746-6015  
Phone: 520-670-3909

**EL RIO HEALTH CENTER  
SOUTHWEST - PEDIATRICS**

1500 West Commerce Court  
Tucson, AZ 85746  
Phone: 520-670-3909

**EL RIO HEALTH  
SOUTHWEST II,  
INTERNAL MEDICINE**

1510 West Commerce Court  
Tucson, AZ 85746-6015  
Phone: 520-670-3909

**EL RIO OB/GYN ASSOCIATES**

225 West Irvington Road  
Tucson, AZ 85714-3054  
Phone: 520-884-7304

**GREEN VALLEY  
FAMILY PRACTICE**

695 South Pecan Tree Lane  
Green Valley, AZ 85614-5114  
Phone: 520-625-8116

\* Dental services offered

## COMMUNITY HEALTH CENTERS

**KINO COMMUNITY HOSPITAL**

2800 East Ajo Way  
Tucson, AZ 85713-6289  
Phone: 520-294-4471

**MARANA HEALTH CENTER, INC.**

11981 West Grier Road  
Marana, AZ 85653-9365  
Phone: 520-682-4560

**MARANA HEALTH CENTER, INC.  
EL PUEBLO HEALTH CENTER**

101 West Irvington Road  
Tucson, AZ 85714-3050  
Phone: 520-573-0096

**MARANA HEALTH CENTER, INC.  
FLOWING WELLS FAMILY  
HEALTH CENTER**

1323 West Prince Road  
Tucson, AZ 85705-3114  
Phone: 520-887-0800

**MARANA HEALTH CENTER, INC.  
FREEDOM PARK  
HEALTH CENTER**

5000 East 29th Street  
Tucson, AZ 85711-6401  
Phone: 520-790-8500  
Marana Health Center, Inc.  
Keeling Health Center  
435 East Glenn Street  
Tucson, AZ 85705-4664  
Phone: 520-696-6969

**MARANA HEALTH CENTER, INC.  
ORTIZ COMMUNITY HEALTH**

12635 West Rudasill Road  
Tucson, AZ 85743-9724  
Phone: 520-682-3777

**MARANA HEALTH CENTER, INC.  
SANTA CATALINA  
HEALTH CENTER**

15631 N. Oracle Rd., Ste. 141  
Tucson, AZ 85739-8691  
Phone: 520-825-6763

**MARANA HEALTH  
CENTER - OB/GYN**  
2055 West Hospital Drive  
Tucson, AZ 85704  
Phone: 520-797-0011**MEL CENTER CLINIC**  
5101 South Liberty Avenue  
Tucson, AZ 85706  
Phone: 520-545-2302**ST. ELIZABETH  
OF HUNGARY CLINIC\***  
140 W. Speedway Blvd., Ste. 100  
Tucson, AZ 85705-7698  
Phone: 520-628-7871**UNITED COMMUNITY  
HEALTH CENTER, INC.  
CONTINENTAL  
FAMILY MEDICAL CENTER**  
1260 South Campbell Ave.  
Green Valley, AZ 85614-0503  
Phone: 520-625-3691**UNITED COMMUNITY  
HEALTH CENTER, INC. \***  
Continental Pediatrics/Dental  
1150 E. Whitehouse Canyon Rd.  
Green Valley, AZ 85614  
Phone: 520-625-3691**UNITED COMMUNITY  
HEALTH CENTER, INC.  
PRESIDIO POINT CLINIC**  
275 W. Continental Road, Ste. 142  
Green Valley, AZ 85614  
Phone: 520-625-3691**UNITED COMMUNITY  
HEALTH CENTER, INC.  
SAHUARITA WELLNESS  
CENTER**

350 West Sahuarita Road  
Sahuarita, AZ 85629-9000  
Phone: 520-625-3502

**UNITED COMMUNITY  
HEALTH CENTER - ARIVACA**  
17388 West 3rd Street  
Arivaca, AZ 85601  
Phone: 520-398-2621**UNITED COMMUNITY HEALTH  
CENTER - THREE POINTS**  
15921 West Ajo Way  
Tucson, AZ 85735  
Phone: 520-822-2335**PINAL COUNTY****ADVANCED CARDIAC  
SPECIALISTS**  
2050 W. Southern Avenue  
Apache Junction, AZ 85220  
Phone: 480-982-2800  
Arizona Heart Institute  
- Casa Grande  
803 North Salk Drive  
Casa Grande, AZ 85222  
Phone: 520-836-6682**BAREFOOT DOCTORS  
HEALTHCARE, PC**  
822 E. Saguro St. @  
Caliente Senior Community  
Florence, AZ 85232  
Phone: 520-868-0250**CASA GRANDE  
REGIONAL MEDICAL CENTER**  
1800 East Florence Blvd.  
Casa Grande, AZ 85222-5399  
Phone: 520-381-6300

\* Dental services offered



## COMMUNITY HEALTH CENTERS

**HU HU KAM  
MEMORIAL HOSPITAL**

P.O. Box 38  
Sacaton, AZ 85247  
Phone: 602-528-1230

**MAIN STREET  
FAMILY PRACTICE**

660 South Main Street  
P.O. Box 2818  
Florence, AZ 85232  
Phone: 520-868-1400

**SUN LIFE FAMILY HEALTH  
CENTER - COOLIDGE**

1284 North Arizona Blvd.  
Coolidge, AZ 85228-3206  
Phone: 520-723-9131

**SUN LIFE FAMILY  
HEALTH CENTER - ELOY**

501 North Main Street  
Eloy, AZ 85231-2515  
Phone: 520-466-7883

**SUN LIFE FAMILY  
HEALTH CENTER - MARICOPA**

44765 West Hathaway St.  
Maricopa, AZ 85239  
Phone: 520-568-2245

**SUN LIFE FAMILY  
HEALTH CENTER - ORACLE**

1870 West American Ave.  
Oracle, AZ 85623-6015  
Phone: 520-896-2092

**SUN LIFE FAMILY HEALTH  
CENTER - SAN MANUEL**

23 South McNab Parkway  
San Manuel, AZ 85631  
Phone: 520-385-2234  
Superior Clinic  
14 North Magma Avenue  
Superior, AZ 85273-2647  
Phone: 520-689-2243

**SANTA CRUZ COUNTY****CARONDELET  
HEALTH CARE CORP  
CARONDELET**

**HOLY CROSS HOSPITAL**  
1171 West Target Range Road  
Nogales, AZ 85621-2415  
Phone: 520-285-3000

**MARIPOSA COMMUNITY  
HEALTH CENTER \***

1852 North Mastick Way  
Nogales, AZ 85621-1061  
Phone: 520-281-1550

**MARIPOSA COMMUNITY  
HEALTH CENTER**

Family Health Center - Patagonia  
101 North Taylor St.  
Patagonia, AZ 85624-9600  
Phone: 520-394-2262

**A FIXED ADDRESS IS  
NOT REQUIRED TO GET CARE**

Being homeless doesn't mean you can't find care. In fact, Arizona has programs that specifically target the needs of our citizens who are between residences. Check in with these agencies that offer free health services and other assistance.

**HOMELESS CARE  
CENTERS/CLINICS  
CENTRAL ARIZONA  
SHELTER SERVICES (CASS)  
DENTAL CLINIC**

230 S. 12th Ave.  
Phoenix, AZ 85007  
Phone: 602-256-6945

**COMPASS HEALTH CARE**

2475 N. Jackrabbit Rd.  
Tucson, AZ 85745  
Phone: 520-882-5608

**EL RIO BROADWAY CLINIC**

1101 E. Broadway Blvd.  
Tucson, AZ 85719

Phone: 520-624-7750  
**HEALTH CARE FOR  
THE HOMELESS**

220 South 12th Ave.  
Phoenix, AZ 85007  
Phone: 602-372-2100  
Medical: 602-372-2110

**HOMEBASE YOUTH SERVICES**

931 E. Devonshire Ave.  
Phoenix, AZ 85014

Phone: 602-263-7773

**SOUTHWEST BEHAVIORAL  
HEALTH CENTER**

3450 N. 3rd St.  
Phoenix, AZ 85012  
Phone: 602-265-8338

**YAVAPAI COUNTY****COMMUNITY HEALTH  
CENTER OF WEST YAVAPAI**

3212 N. Windsong Drive, Ste. 200  
Prescott Valley, AZ 86314-2254  
Phone: 928-771-3122

**COMMUNITY HEALTH CENTER  
OF WEST YAVAPAI  
- COTTONWOOD**

10 South 6th Street  
Cottonwood, AZ 86326-4236  
Phone: 928-639-8130



# For your protection

It's generally true that the vaccines received as children protect the health of adults as they grow older, except that:

- » Some adults were never vaccinated as children
- » Many new vaccines were not available when some adults were children
- » Immunity received from vaccines can begin to fade over time
- » Common infections such as the flu and pneumonia can lead to serious disease in adults as they get older

The Centers for Disease Control (CDC) recommends an annual flu vaccine for adults over 50 years, and various doses of vaccines for many other diseases such as pneumonia and hepatitis depending on immunity and other medical risk factors. CDC recommendations are updated each year. Check with your doctor for adult vaccine recommendations that may apply to you.

\* Dental services offered

## COMMUNITY HEALTH CENTERS

**COMMUNITY HEALTH CENTER  
OF WEST YAVAPAI - PRESCOTT**

1090 Commerce Drive  
Prescott, AZ 86305-3700  
Phone: 928-771-3122

**NORTH COUNTRY COMMUNITY  
HEALTH CENTER - ASH FORK\***

112 Park Avenue  
Ash Fork, AZ 86320  
Phone: 928-637-2305

**NORTH COUNTRY COMMUNITY  
HEALTH CENTER - SELIGMAN**

22585 West Oak Street  
P.O. Box 776  
Seligman, AZ 86337-0776  
Phone: 928-422-4017

**RANDY C. HANCOCK,  
DO FAMILY PRACTICE**

34601 South Phyllis Street  
Black Canyon City, AZ 85324  
Phone: 623-374-0200

**VERDE VALLEY  
MEDICAL CENTER**

269 South Candy Lane  
Cottonwood, AZ 86326  
Phone: 928-634-2251

**YUMA COUNTY****PEDIATRIC  
ASSOCIATES  
OF YUMA**

1073 West 23rd Street  
Yuma, AZ 85364  
Phone: 928-783-0148

**SUNSET COMMUNITY  
HEALTH CENTER  
- SAN LUIS**

815 East Juan Sanchez Blvd.  
San Luis, AZ 85349  
Phone: 928-627-3822

**SUNSET COMMUNITY  
HEALTH CENTER  
- SAN LUIS DENTAL\***

801 North 2nd Avenue  
San Luis, AZ 85349  
Phone: 928-627-8584

**SUNSET COMMUNITY  
HEALTH CENTER  
- SOMERTON**

115 North Somerton Avenue  
Somerton, AZ 85350-0538  
Phone: 928-627-2051

**SUNSET COMMUNITY  
HEALTH CENTER  
- WELLTON\***

10425 Williams Street  
Wellton, AZ 85356-0686  
Phone: 928-785-3256

**SUNSET COMMUNITY  
HEALTH CENTER  
- WOMEN'S HEALTH GROUP**

2060 W. 24th St., Ste. B  
Yuma, AZ 85364-6255  
Phone: 928-726-5950

**SUNSET COMMUNITY  
HEALTH CENTER  
- PEDIATRICS**

2060 West 24th Street  
Yuma, AZ 85364-7176  
Phone: 928-819-8999

**SUNSET COMMUNITY  
HEALTH CENTER  
- ADULTS**

2060 W 24th Street  
Yuma, AZ 85364-6105  
Phone: 928-344-4216

**ADDITIONAL  
DENTAL  
RESOURCES  
FOR ELIGIBLE  
INDIVIDUALS**

Area Agency on Aging  
(dentures only)  
602-264-2255

Arizona School of  
Dentistry and Oral Health  
480-248-8100

CASS Homeless Shelter  
602-256-6945

Children's Dental Clinic  
(adult wisdoms in emergency)  
602-233-3133

Children's Rehabilitative Services  
St. Joe's (cleft palate)  
602-406-6400

Coconino County  
Dept of Health  
928-214-7169

Comstock Children's  
Foundation  
520-324-3100

Coronado Dental Clinic  
480-461-1232

Dave Pratt Boys and Girls Club  
602-271-9961

Gompers Center  
602-336-0061

Homeward Bound  
602-263-7654

Marana Dental Clinic  
520-682-4111

Maricopa County Integrated  
Health Intake  
602-344-1005

Maricopa Medical Center  
Dental Clinic-Adults  
602-344-1005

Mesa - Coronado Dental Service  
480-461-8683

Mesa Senior Services  
Denture Program  
480-962-5612

Mohave Community  
College Hygiene School  
928-704-7788

NAU Hygiene School  
928-523-3500

NOAH - Paiute Center  
480-312-0007

North Country Clinic  
928-213-6151

Phoenix College Dental Clinic  
602-285-7323

Pima College Hygiene  
School & Lab Tech Program  
520-206-6090

Rio Salado Dental  
Hygiene School  
480-517-8020

St. Joe's Mercy Care  
Dental Clinic  
602-406-3560

Statewide - Reachout  
Health Care America  
623-434-9343

Sunset Community  
Health Center  
928-627-8806

Tucson - U of A Mobile  
520-626-2267

VA Medical Center  
(for 100% disabled only)  
602-277-5551

VA Medical Center Dental Clinic  
928-776-6177



# County care offers more choices

County health departments are another helpful resource for Arizonans seeking care. Each county has a health department, and larger counties may have more than one treatment site .

## IMMUNIZATIONS

It's a shot that your kids can't miss - literally. One of the most important services county health departments offer is affordable immunizations for kids. Protect them from such diseases as diphtheria, tetanus, polio, measles, hepatitis, tuberculosis and the mumps - and avoid any delay in getting them enrolled in school.



## COUNTY HEALTH RESOURCES



## TO KNOW IS TO CARE: STD TESTING

Tests for sexually transmitted diseases such as chlamydia, gonorrhea, syphilis and HIV are available at all county health departments on a sliding fee scale.

## BABY, I LOVE YOU: PRENATAL CARE

You may talk to your unborn children while they're in the womb, but the best way to say you love them is to visit your county health department or community health center for prenatal checkups.

### COUNTY HEALTH DEPARTMENTS

#### APACHE COUNTY

130 S. Mountain Ave.  
Springerville, AZ 85938  
Phone: 928-333-2415

#### COCHISE COUNTY

1415 Melody Lane, Bldg A  
Bisbee, AZ 85603  
Phone: 520-432-9400

#### SATELLITE OFFICES

Benson: 520-586-8200  
Douglas: 520-805-5600  
Sierra Vista: 520-803-3900  
Willcox: 520-384-7100

#### COCONINO COUNTY

2625 North King Street  
Flagstaff, AZ 86004  
Phone: 928-522-7920  
1-877-522-7800

#### GILA COUNTY

5515 S. Apache Ave.  
Globe, AZ 85501  
Phone: 928-402-8811

#### GRAHAM COUNTY

826 W. Main St.  
Safford, AZ 85546  
Phone: 928-428-1962

#### GREENLEE COUNTY

5th and Leonard Sts.  
Clifton, AZ 85533  
Phone: 928-865-2601

#### SATELLITE OFFICE

Duncan: 928-359-2866

#### LA PAZ COUNTY

1112 Joshua Ave., Suite 206  
Parker, AZ 85344  
Phone: 928-669-1100

#### MARICOPA COUNTY

1645 East Roosevelt St.  
Phoenix, AZ 85006

#### ADULT CLINIC & FOREIGN TRAVEL:

602-506-6068  
Community Info and  
Referral Services: 602-263-8856  
Metro Phoenix: 1-800-352-3792  
Statewide

#### MOHAVE COUNTY

700 West Beale Street  
Kingman, AZ 86401  
Phone: 928-753-0714

#### SATELLITE OFFICES

Bullhead City: 928-758-0703  
Lake Havasu City: 928-453-0703  
Colorado City: 928-875-8960

#### NAVAJO COUNTY

251 N. Penrod Rd., Suite #1  
Show Low, AZ 85901  
Phone: 928-532-6050

#### SATELLITE OFFICES

Holbrook: 928-524-4750  
Winslow: 928-289-6830

#### PIMA COUNTY

3950 S. Country Club Rd., Suite 100  
Tucson, AZ 85714  
Phone: 520-293-4620

#### SATELLITE OFFICES

North Office: 520-243-2850  
South Office: 520-889-9543  
East Office: 520-298-3888  
Immunization Hotline:  
520-740-3925

#### PINAL COUNTY

500 S. Central Avenue  
Florence, AZ 85232  
Phone: 520-866-7301

#### SATELLITE OFFICES

Apache Junction: 520-866-6132  
Coolidge: 520-723-4174  
Casa Grande: 520-836-5931  
Eloy: 520-866-7699  
Kearny: 520-363-7612  
Mammoth: 520-487-2110  
Oracle: 520-896-9777  
Superior: 520-689-5953

#### SANTA CRUZ COUNTY

2150 N. Congress Dr.  
Nogales, AZ 85621  
Phone: 520-375-7900

#### YAVAPAI COUNTY

1090 Commerce Dr.  
Prescott, AZ 86305  
Phone: 520-583-1000

#### YUMA COUNTY

2200 W. 28th St., Ste. 256  
Yuma, AZ 85364  
Phone: 928-317-4559



# Options – on and off the reservation

Arizona is home to 22 federally recognized American Indian tribes, whose members have targeted public health programs available to them, whether living on or off the reservation.

## **IHS FACILITIES**

A member of any federally recognized tribe may obtain care at a host of Indian Health Services (IHS) hospitals or clinics. Members are generally not responsible for any co-payments for medical, dental, pharmaceutical or other direct health services. To receive IHS health care benefits, you should go to the

patient registration office of your local IHS facility.

## **AHCCCS ELIGIBILITY**

Arizonans who are Native Americans can also apply for AHCCCS by calling 602-417-5010. An applicant can also visit a local Department of Economic Security (DES) office.

## **SERVICES INCLUDE:**

- »Cardiology
- »Dental
- »Diabetes
- »Elder care initiatives
- »Injury prevention
- »Maternal/child health
- »Mental health
- »Nutrition
- »Optometry
- »Pharmacy
- »Substance abuse
- »Women's health

## INDIAN HEALTH SERVICES

## NORTHERN ARIZONA

**CHINLE HEALTH CARE FACILITY**

U.S. Hwy 191 & Hospital Dr.  
P.O. Box "PH"  
Chinle, AZ 86503  
Phone: 928-674-7001

**FT. DEFIANCE SERVICE UNIT**

North Rte. 12 & corner of Rte 7  
P.O. Box 649  
Ft. Defiance, AZ 86504  
Phone: 928-729-8000

**HOPÍ HEALTH CARE CENTER  
PHS INDIAN HEALTH SERVICES**

Hwy 264 Milepost 388  
P.O. Box 4000  
Polacca, AZ 86042  
Phone: 928-737-6000

**INSCRIPTION HOUSE CLINIC**

Hwy 98 & Navajo Rte 16  
P.O. Box 7379  
Shonto, AZ 86045  
Phone: 928-672-3049

**KAYENTA SERVICE UNIT**

Hwy 163 Bldg. KA2010  
P.O. Box 368  
Kayenta, AZ 86033  
Phone: 928-697-4000

**NAVAJO AREA INDIAN  
HEALTH SERVICE (NAIHS)**

Hwy 264 & St. Michael Road  
St. Michael, AZ 86511  
Phone: 928-871-5834

**PEACH SPRINGS  
HEALTH CENTER**

943 Hualapai Way  
P.O. Box 190  
Peach Springs, AZ 86434  
Phone: 928-769-2204

**TUBA CITY INDIAN  
MEDICAL CENTER**

167 North Main Street  
P.O. Box 600  
Tuba City, AZ 86045  
Phone: 928-283-2501

**WINSLOW SERVICE UNIT**

500 North Indiana Avenue  
P.O. Box 40  
Winslow, AZ 86047  
Phone: 928-289-4646

## PHOENIX AREA

**CIBECUE PHS  
INDIAN HEALTH CENTER**

2 West 3rd Street  
P.O. Box 80037  
Cibecue, AZ 85911  
Phone: 928-332-2560



The following tribes also provide behavioral health services to individuals enrolled in or living within the communities of these specific tribes:

**COLORADO RIVER INDIAN  
TRIBES MEMBER**

Services: 928-669-3256

**GILA RIVER  
INDIAN COMMUNITY**

Crisis Line: 1-800-259-3449  
Member Services: 602-528-7140  
or 520-562-7140

**NAVAJO NATION MEMBER**

Services: 928-871-6235

**PASQUA YAQUI TRIBE**

Crisis Line: 520-591-7206  
Member  
Services: 520-879-6060

**WHITE MOUNTAIN  
APACHE TRIBE**

Crisis Line: 928-338-3737  
Member Services: 928-338-4811

For additional behavioral health services available throughout the state of Arizona, please see page 30.

**COLORADO RIVER  
SERVICE UNIT PARKER  
PHS INDIAN HOSPITAL**

12033 Agency Road  
Parker, AZ 85344  
Phone: 928-669-2137

**FORT YUMA SERVICE  
UNIT FORT YUMA PHS  
INDIAN HOSPITAL**

P.O. Box 1368  
Yuma, AZ 85364  
Phone: 760-572-0217

**PHOENIX AREA INDIAN  
HEALTH SERVICE TWO  
RENAISSANCE SQUARE**

40 North Central Avenue  
Phoenix, AZ 85004-4424  
Phone: 602-364-5039

**PHOENIX SERVICE UNIT  
PHOENIX INDIAN  
MEDICAL CENTER**

4212 North 16th Street  
Phoenix, AZ 85016  
Phone: 602-263-1200

**PHOENIX SERVICE UNIT  
SCOTTSDALE SALT  
RIVER CLINIC**

10005 E. Osborne Rd  
Scottsdale, AZ 85256  
Phone: 480-946-9066

**SAN CARLOS SERVICE UNIT  
BYLAS HEALTH CENTER**

101 Medical Drive  
P.O. Box 208  
San Carlos, AZ 85550  
Phone: 928-475-2686

**SAN CARLOS SERVICE UNIT  
PHS INDIAN HOSPITAL**

223 Seneca Lane  
P.O. Box 208  
San Carlos, AZ 85550  
Phone: 928-475-2371

**WHITERIVER SERVICE UNIT  
WHITERIVER PHS  
INDIAN HOSPITAL**

200 W. Hospital Drive  
P.O. Box 860  
Whiteriver, AZ 85941  
Phone: 928-338-4911

## SOUTHERN ARIZONA

**TUCSON AREA INDIAN  
HEALTH SERVICE PHS  
INDIAN HOSPITAL**

Rte 19 and Hwy 86  
P.O. Box 548  
Sells, AZ 85634  
Phone: 520-383-7200

**TUCSON AREA INDIAN  
HEALTH SERVICE  
TUCSON SERVICE UNIT**

7900 S. J. Stock Road  
Tucson, AZ 85746-4000  
Phone: 520-295-2550



# Insurance coverage is key to quality care

AHCCCS, Healthcare Group and KidsCare are valuable resources for you and your family.

## **ARIZONA STATE CHILDREN'S HEALTH INSURANCE PROGRAM**

KidsCare is Arizona's health insurance for children age 18 and younger. Those who qualify can get medical, dental and vision services in one simple plan.

### **WHO QUALIFIES?**

- >> Arizona residents age 18 or younger
- >> Either a U.S. citizen or a qualified eligible immigrant – regardless of the status of the parents
- >> Not currently covered by other health insurance
- >> A member of a family that meets the KidsCare income requirements
- >> Parents of children who are eligible for KidsCare may also be eligible for state-sponsored health care by paying a monthly premium. Contact KidsCare to find out if you are eligible.



## STATE-SPONSORED HEALTH PLANS

**HOW TO APPLY:**

Complete an application to see if you qualify. Get an application online or call to request one today.  
Phone: 1-877-KIDS-NOW  
(1-877-543-7669)

Website: [www.azkidsicare.gov](http://www.azkidsicare.gov)

Address: KidsCare  
920 E. Madison, MD 500  
Phoenix, AZ 85034

### ARIZONA STATE PROGRAM FOR UNINSURED SMALL BUSINESSES

Healthcare Group is a state-sponsored health plan that can help small businesses get health care coverage. It offers a variety of options and a comprehensive network of providers.

- >>Quality health plans to choose from with flexible benefits and co-pays
  - >>Can be funded by employers or paid for by employees
- Phone: 602-417-6755;  
1-800-247-2289 (toll-free from areas outside of Maricopa

County

Website: [www.hcgaz.com](http://www.hcgaz.com)

Address: 10851 N. Black Canyon Hwy, Suite 660  
Phoenix, AZ 85029

### AHCCCS IS ARIZONA'S MEDICAID PROGRAM

AHCCCS is designed to provide health care to those who cannot afford to pay for health insurance. AHCCCS administers a variety of programs for various groups, such as children, the elderly, pregnant women and individuals with disabilities. Each program has specific eligibility and income requirements.

A wide range of medical services are covered through the various programs, including:

- >>Doctor's visits
- >>Hospital services
- >>Emergency care
- >>Pregnancy care
- >>Surgery
- >>Lab and X-rays

>>Vision care

>>Dental care

**HOW TO APPLY:**

AHCCCS programs have specific qualifications and income guidelines, but there is one application to complete that helps you get enrolled, if AHCCCS is right for you.

Most people do not have to pay a monthly premium for AHCCCS health insurance, but even those with income above certain levels may be able to get it by paying a monthly premium.

Phone: 602-417-4000

1-800-962-6690 (toll-free from areas outside of Maricopa County)

Website: [www.azahcccs.gov](http://www.azahcccs.gov)

Address: AHCCCS & DES offices exist statewide to offer you assistance. Applications are available online or by calling AHCCCS.



# AFFORDABLE HEALTH PLANS IN YOUR COUNTY

Private partnerships of community health centers, hospitals, physicians and more in the health care industry are working together to make our communities healthier.

## **THESE PROGRAMS MAKE IT EASIER FOR PEOPLE TO HAVE ACCESS TO SUCH HEALTH SERVICES AS:**

- »Primary care visits
- »Hospitalization
- »Laboratory services
- »Radiology
- »Specialty care
- »Pharmacy discounts
- »Urgent care

»Vision services  
Call the program in your area to find out how to apply.

PCAP, Pima Community Access Program, is a not-for-profit organization that provides access to professional health care at discounted prices that the uninsured can afford. PCAP connects low-income, uninsured residents of Pima

County with an affordable, comprehensive and coordinated network of health care providers.

## **WHO QUALIFIES?**

- »Must be an uninsured resident of Pima County
- »Cannot be eligible/enrolled in AHCCCS, Medicare or other health insurance
- »Must have an income between 100% and 250%

## AFFORDABLE HEALTH RESOURCES



of the Federal Poverty Level:  
The eligible range for  
a family of four is  
\$22,050-\$55,125\*

**FEES**

- >> \$40 membership fee per person
- >> No monthly premium
- >> Affordable co-payments payable at time of services  
Phone: 520-694-0418  
Website: [www.mypcap.org](http://www.mypcap.org)  
Address: 2501 E. Elm St.  
Tucson, AZ 85716

CAPAZ-MEX, Community Access Program of Arizona and Mexico is a bi-national, community-based program of the Regional Center for Border Health, Inc. that provides an affordable, comprehensive and coordinated network of

health care providers on both sides of the U.S.-Mexico border for low-income, uninsured residents of Yuma County, AZ and San Luis, R.C., Sonora, Mexico.

**WHO QUALIFIES?**

- >> Must be a resident of Yuma County or San Luis, R.C.
- >> Must be uninsured
- >> Must have an income between 100% and 400% of the Federal Poverty Level: The eligible range for a family of four is \$22,050-\$55,125\*

**FEES (FOR YUMA COUNTY RESIDENTS):**

- >> \$80 membership fee per person for the first two family members; \$40 for each additional family member when family income is less than \$3,225 per month for a family of four
- >> No monthly premium
- >> Affordable co-payments payable at time of services: \$50 for the first visit to a primary care doctor and \$35 for each following visit; \$90 for the first visit to a specialist and \$65 for each following visit  
Phone: 928-627-9222  
Website: [www.rcfbh.org](http://www.rcfbh.org)  
Address: 214 W. Main St.  
Somerton, AZ 85350

**HEALTHCARE CONNECT**

is a non-profit discount medical program that connects low-income, uninsured residents of Maricopa County with complete, coordinated health care at affordable rates.

**WHO QUALIFIES?**

- >> Persons who do not qualify for any other programs (Medicaid, Medicare, employer-based commercial or private). Eligibility for AHCCCS or other government funded health care programs will be determined by HealthCare Connect prior to enrollment
- >> Must have an income between 100% and 250% of the Federal Poverty Level, e.g.: the eligible range for a family of four is \$22,050-\$55,125\*

**FEES**

- >> There are no monthly premiums
- >> \$50 membership fee a year for individuals; \$100 a year for families of two or more
- >> Very low co-payments for visits and prescriptions  
Phone: 602-288-7564  
Website: [www.healthcareconnect.org](http://www.healthcareconnect.org)  
Address: 700 E. Jefferson St, Suite 100  
Phoenix, AZ 85034

\*Based on 2009 Federal Poverty levels

# Support for our veterans!

Adjusting to life after armed forces service can be tough. Fortunately, the Veterans' Service Division offers veterans access to help with finding medical services and more.

The Veterans' Services Division, part of the Department of Veteran Affairs (VA), provides a network of Veterans' Benefits Counselors. Counselors give information, counsel and assistance to veterans, their dependents and survivors in matters pertaining to federal and state benefits earned by honorable service in the armed forces of the United States. The Veterans' Benefit Counselors travel to all 15 counties in Arizona. For a schedule of counselors' monthly travel to your area, call 1-800-852-VETS (8387).

Eligibility for Veteran Affairs federal medical care:

- » Must have served in the Army, Navy, Air Force, Marines, or Coast Guard, and been discharged under conditions other than dishonorable
- » Reservists and National Guard members who were called to active duty by a Federal Executive Order may qualify for VA health care benefits.
- » Health care eligibility is not exclusive to those who served in combat – other groups may be eligible for some health benefits





## VETERANS' HEALTH SERVICES

**HOW TO APPLY:**

You can apply for VA health care, nursing home, domiciliary or dental benefits by completing VA Form 10-10EZ, Application for Health Benefits.

**YOU CAN OBTAIN THIS FORM BY:**

- » Downloading it from the VA website:  
www.1010ez.med.va.gov/sec/vha/1010ez
- » Visiting, calling or writing any VA health care facility or Veterans' Benefits Office
- » Calling VA's Health Benefits Service Center, toll-free at 877-222-VETS (8387), Monday through Friday between 8 a.m. and 8 p.m. EST

**WHAT EVIDENCE IS NEEDED TO APPLY?**

- » A copy of your discharge papers (DD-214) if you are not currently receiving benefits from VA
- » Military service records indicating that you received a Purple Heart Medal, or
- » Evidence that you received hostile fire or imminent-danger pay or a combat medal after this date if you indicated that you were in combat after November 11, 1998

**COVERED MEDICAL SERVICES**

VA's medical benefits package provides the following health care services to all enrolled veterans

- » Preventive care services, such as immunizations, physical examinations, screenings and health care assessments
- » Ambulatory (outpatient) diagnostic and treatment services, including emergency outpatient care in VA facilities, medical and many surgical services, as well as mental health and substance abuse services
- » Hospital (inpatient) diagnostic services and treatment, including emergency inpatient care in VA facilities, medical and many surgical services, and mental health and substance abuse services
- » Medications and supplies, including prescription and over-the-counter medications, and medical and surgical supplies as prescribed by a VA provider

**VA MEDICAL CENTERS****ANTHEM CLINIC**

3618 W. Anthem Way, Ste. D-120  
Phoenix, AZ 85086  
Phone: 623-551-6092

**ARIZONA STATE VETERAN HOME**

4141 N. 3rd Street  
Phoenix, AZ 85012  
Phone: 1-800-406-3373  
602-248-1550

**CARL T. HAYDEN MEDICAL CENTER**

650 E. Indian School Road  
Phoenix, AZ 85012  
Phone: 602-277-5551  
1-800-359-8262

**CASA GRANDE EXTENSION CLINIC**

900 E. Florence Blvd., Suite H  
Casa Grande, AZ 85222  
Phone: 520-836-2536

**COTTONWOOD CLINIC**

203 Candy Lane, Suite 5B  
Cottonwood, AZ  
Phone: 928-649-1523

**FLAGSTAFF BELLEFONT COMMUNITY BASED CLINIC**

Camp Navajo, Bldg 68  
Bellemont, AZ 86015  
Phone: 928-226-1056

**GLOBE EXTENSION CLINIC**

5860 South Hospital Drive  
Globe, AZ 85501  
Phone: 928-425-0027/8

**GREEN VALLEY**

38 W. Vista Hermosa Drive # 140  
Green Valley, AZ 85614  
Phone: 520-629-4900  
1-800-470-8262

**KINGMAN VA COMMUNITY BASED OUTPATIENT CLINIC**

1726 Beverly Avenue  
Kingman, AZ 86401  
Phone: 928-692-0080

**LAKE HAVASU CLINIC**

2035 Mesquite Ave., Suite D  
Lake Havasu City, AZ 86403

Phone: 928-680-0090

**NORTHWEST EXTENSION CLINIC**

10147 W. Grand Avenue  
Sun City, AZ 85351  
Phone: 602-277-5551

**PAYSON EXTENSION CLINIC**

1106 N. Beeline Hwy  
Payson, AZ 85541  
Phone: 928-472-3148

**PRESCOTT VA MEDICAL CENTER**

500 Highway 89 North  
Prescott, AZ 86401  
Phone: 928-445-4860  
1-800-949-1005

**SAFFORD EXTENSION CLINIC**

711 South 14th Ave.  
Safford, AZ 85546  
Phone: 520-629-4900  
Showlow Extension Clinic  
2450-A Showlow Lake Road  
Showlow, AZ 85091  
Phone: 928-532-1069

**SIERRA VISTA VA CLINIC**

101 Coronado Drive Suite A  
Sierra Vista, AZ 85638  
Phone: 520-792-1450

**SOUTHEAST EXTENSION CLINIC**

6950 E. Williamsfield Road  
Mesa, AZ 85206  
Phone: 602-222-6568

**TUCSON VA MEDICAL CENTER**

36015 6th Ave.  
Tucson, AZ 85712  
Phone: 520-327-5461  
520-792-1450

**YUMA VA COMMUNITY BASED OUTPATIENT CLINIC**

2555 Gila Ridge Road  
Yuma, AZ 85365  
Phone: 520-327-5461  
For more information, contact:

**DEPARTMENT OF VETERANS AFFAIRS REGIONAL OFFICE**

3333 N. Central Avenue  
Phoenix, AZ 85012  
Phone: 1-800-827-1000



# Low-Cost and Free Medicines

It sounds too good to be true, but there are many programs that help people in need get access to medicines prescribed by their doctor at a savings or even for free.

There are more than 475 public and private patient assistance programs offering access to over 2,500 brand-name and generic medications free or at a low cost. More than 180 of these programs are offered by pharmaceutical companies.

## **PARTNERSHIP FOR PRESCRIPTION ASSISTANCE**

The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through a program that's right for them.

To find out more, call 888-477-2669 or visit [www.pparx.org](http://www.pparx.org)



**Partnership for  
Prescription Assistance**

## PRESCRIPTION ASSISTANCE

**THE COPPERX CARD®**

If you are an Arizona resident, you are eligible for the CoppeRx Card®, a plan managed by Rx America/CVS Caremark that provides significant discounts on prescription drugs.

**HOW TO APPLY:**

>>Enrollment is free and easy

>>Call 1-888-227-8315 or visit [http://www.rxamerica.com/az\\_discount\\_home.html](http://www.rxamerica.com/az_discount_home.html)

>>Simply present your CoppeRx Card® at one of more than 500 participating pharmacies when you fill your next prescription. Discounts are given at the time of purchase, so there are no receipts to submit or claim forms to fill out

>>Savings typically range from 15% to 55% of the overall retail price. Your actual discount may be more or less, depending on the medication and the pharmacy you use

**TOGETHER RX ACCESS®**

Thousands of eligible hardworking people with no prescription drug coverage are now saving on the medicines they need with the Together Rx Access® Card

- >>Most cardholders save 25%-40% on brand-name prescription products
- >>Over 300 prescription products are included
- >>Savings are available on generic drugs as well

**ELIGIBILITY:**

To qualify, applicants must:

- >>Have no prescription drug coverage
- >>Not be eligible for Medicare
- >>Have household income equal to or less than:
  - \$45,000 for a single person
  - \$60,000 for a family of two
  - \$75,000 for a family of three
  - \$90,000 for a family of four
  - \$105,000 for a family of five

**HOW TO APPLY:**

Call 1-800-444-4106 or visit [www.togetherrxaccess.com](http://www.togetherrxaccess.com)



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**IF YOU REQUIRE MEDICINES MADE BY A PARTICULAR PHARMACEUTICAL COMPANY, HERE ARE SOME ADDITIONAL RESOURCES:**

**ABBOTT PATIENT**

Assistance Program  
1-800-222-6885  
[www.helpingpatients.org](http://www.helpingpatients.org)

**ASTRAZENECA PATIENT ASSISTANCE PROGRAM**

AZ & Me  
1-800-424-3727  
[www.azandme.com](http://www.azandme.com)

**BRISTOL-MYERS SQUIBB PATIENT ASSISTANCE FOUNDATION**

1-800-736-0003  
[www.bmspaf.org](http://www.bmspaf.org)

**GLAXOSMITHKLINE BRIDGES TO ACCESS**

1-866-728-4368  
[www.BridgesToAccess.com](http://www.BridgesToAccess.com)

**JANSSEN ACCESS2WELLNESS (SPONSORED BY JOHNSON & JOHNSON HEALTH CARE SYSTEMS INC.)**

1-800-652-6227  
[www.access2wellness.com](http://www.access2wellness.com)

**KING PHARMACEUTICALS INC. PATIENT ASSISTANCE PROGRAM**

1-866-734-7366  
[www.kingpharm.com/kingpharm/](http://www.kingpharm.com/kingpharm/)

**NOVARTIS PATIENT ASSISTANCE PROGRAM**

1-800-277-2254  
[www.pharma.us.novartis.com/novartis/pap/pap.jsp](http://www.pharma.us.novartis.com/novartis/pap/pap.jsp)

**PFIZER HELPFUL ANSWERS®**

1-866-706-2400  
[www.PfizerHelpfulAnswers.com](http://www.PfizerHelpfulAnswers.com)



**NATAL AND PRENATAL CARE**

# Take care of your baby and yourself!

Whether you're pregnant or thinking of starting a family, there are prenatal and natal care programs that can help you every step of the way. Over half of all pregnancies are unplanned, so it's always a good idea to be informed on how to stay healthy.

**PRENATAL CARE PROGRAMS**

Prenatal (or preconception) care is health care women can receive before becoming pregnant. Some ways to improve the health of both mom and baby are controlling chronic conditions such as diabetes and hypertension, taking a multivitamin with folic acid to prevent certain birth defects, having a healthy lifestyle including proper diet and exercising, lowering stress levels, and avoiding alcohol and toxic environmental hazards.

Below, some preconception and interconception (in between pregnancies) programs and classes sponsored by the March of Dimes available to teens, young women and adults.

For more info on the March of Dimes, Arizona Chapter go to:

[www.marchofdimes.com/arizona/arizona.asp](http://www.marchofdimes.com/arizona/arizona.asp)

**MARICOPA MEDICAL CENTER WOMEN'S CARE CLINIC  
INTERNATAL CARE PROGRAM**

Women who have had a baby admitted to the Neonatal Intensive Care Unit receive care between pregnancies (internatal care) including support and encouragement by a care coordinator and assistance with other problems such as domestic violence and depression.

Phone: 602 344-5407  
Website: [www.mihhs.org/ourfacility/mmc.html](http://www.mihhs.org/ourfacility/mmc.html)  
Address: 2525 E. Roosevelt Street  
Phoenix, AZ

**CHANDLER REGIONAL MEDICAL CENTER AND MERCY GILBERT HOSPITAL PRENATAL CLASSES**

Prenatal and internatal health education classes to the East Valley community.

Phone: 480-728-3396  
Website: [www.chandlerregional.org](http://www.chandlerregional.org)  
[www.mercygilbert.org](http://www.mercygilbert.org)  
Address: Chandler Regional: 475 South Dobson Road  
Chandler, AZ 85224  
Address Mercy Gilbert: 3555 S. Val Vista Drive  
Gilbert, AZ 85297

**ARIZONA FAMILY PLANNING COUNCIL PLAN NOW:  
ENHANCING REPRODUCTIVE LIFE PLANNING AND PRECONCEPTION CARE EDUCATION**

Information about incorporating reproductive life planning and preconception (prenatal) care.

Phone: 602 258-5777, Outside Maricopa County: 888-272-5652  
Address: 3101 North Central Ave, Suite 1120  
Phoenix, AZ 85012  
Website: [www.azfpc.org](http://www.azfpc.org)

## NATAL AND PRENATAL CARE

**ARIZONA DEPARTMENT OF HEALTH  
SERVICES "EVERY WOMAN ARIZONA"  
PRECONCEPTION MATERIALS**

Learn how to be the healthiest you before you get pregnant.  
These materials describe everything you need to know.  
Website: [www.azdhs.gov/phs/owch/publicat.htm](http://www.azdhs.gov/phs/owch/publicat.htm)

**BABY ARIZONA**

Baby Arizona is a simple, faster way for pregnant women to start getting health care before the application process for Arizona Health Care Cost Containment System (AHCCCS) health insurance is complete.

**ELIGIBILITY:**

Pregnant women who:

- >>Live in Arizona
- >>Don't have health insurance
- >>Have little or no income
- >>Are U.S. citizens or qualified legal residents

**HOW TO APPLY:**

- >>Call the Pregnancy and Breastfeeding Hotline at 1-800-833-4642
- >>You will be given names of doctors who participate in the Baby Arizona Program
- >>Choose a doctor near you and call to make an appointment for a prenatal (pregnancy) visit. Ask the doctor's office what you should bring with you for the Baby Arizona application process
- >>At your first visit, the office staff will help you with your Baby Arizona application for AHCCCS health insurance
- >>Make an appointment for a prenatal visit

The application process should take 20 working days from the time the complete application is received. You may receive prenatal care sooner, depending on the doctor's office schedule. If you do not qualify for AHCCCS health insurance, the doctor's office will set up a reasonable payment plan for your prenatal services and should continue to care for you and your baby.

For more info visit:  
[www.babyarizona.gov](http://www.babyarizona.gov)





# Care and compassion for our seniors

If you are a senior or a family member taking care of an elderly loved one, finding the right care is important. The Area Agencies on Aging can help people find answers to their questions on a variety of issues.

**ELDERLY ISSUES INCLUDE:**

- >>Information on benefits
- >>Recreation/senior centers
- >>Referrals to services
- >>Older-worker referrals
- >>Caregiver information
- >>Volunteer opportunities
- >>Counseling
- >>Adult day health care
- >>Housing options
- >>Support groups
- >>Home health aids
- >>Legal help
- >>Home-delivered meals
- >>Nurse visits
- >>Transportation

To find out where to start, go to [azlinks.gov](http://azlinks.gov) and contact your local Agency on Aging:

**APACHE, COCONINO,  
NAVAJO & YAVAPAI COUNTIES**  
928-213-5226  
**COCHISE, GRAHAM, GREENLEE  
& SANTA CRUZ COUNTIES**  
520-432-5301  
**DIVISION OF AGING  
& ADULT SERVICES**  
602-542-6572

**GILA & PINAL COUNTY**  
520-836-2758  
**INTER-TRIBAL COUNCIL**  
602-258-4822 X1505  
**LA PAZ, MOHAVE  
& YUMA COUNTIES**  
928-782-1886 X122  
**MARICOPA COUNTY**  
602-264-4357  
**NAVAJO NATION**  
928-871-6783  
**PIMA COUNTY**  
520-790-7262  
**TRIBAL COMMUNITY**  
602-258-4822

Or, call toll-free: Arizona's Elder  
Resource and Referral 1-800-686-1431

## BEHAVIORAL HEALTH SERVICES AND QUITTING SMOKING

# Take control

Are you looking for behavioral health services in Arizona? Each county in the state offers a range of behavioral health services.



## BEHAVIORAL HEALTH SERVICES INCLUDE:

- >>Prevention programs for children and adults
- >>Services for children and adults with substance use and/or mental health disorders
- >>Services for children with a serious emotional disturbance
- >>Services for adults with a serious mental illness
- >>Statewide crisis system – including crisis phones, mobile teams, inpatient psychiatric and detoxification facilities

## HOW TO GET SERVICES IN AN EMERGENCY OR CRISIS:

For life-threatening situations, always call 911. For non-life-threatening behavioral health situations, call the crisis line in your county. Crisis lines are open 24 hours a day, 7 days a week. Behavioral health services are divided up by region. Use this guide to determine who to call when you need help:

**COCHISE, GRAHAM, GREENLEE, AND SANTA CRUZ COUNTIES**

## COMMUNITY PARTNERSHIP OF SOUTHERN ARIZONA (CPSA)

Crisis Line: 1-800-586-9161  
Member Services: 1-800-771-9889

**COCONINO, NAVAJO, YAVAPAI, APACHE AND MOHAVE COUNTIES**

## NARBHA (NORTHERN ARIZONA BEHAVIORAL HEALTH SERVICES)

Crisis Line: 1-877-756-4090  
Member Services: 1-800-640-2123

**MARICOPA COUNTY**

## MAGELLAN BEHAVIORAL HEALTH SERVICES

Crisis Line: 1-800-631-1314  
Member Services: 1-800-564-5465

**PIMA COUNTY**

## COMMUNITY PARTNERSHIP OF SOUTHERN ARIZONA (CPSA)

Crisis Line: 1-800-796-6762  
Member Services: 1-800-771-9889

**YUMA, LA PAZ, GILA AND PINAL COUNTIES**

## CENPATICO BEHAVIORAL HEALTH OF ARIZONA

Crisis Line: 1-866-495-6735  
Member Services: 1-866-495-6738

For a listing of behavioral health services available in tribal areas, please see page 19

## The latest trend in smoking: QUITTING

Smoking is linked not only to heart disease and lung cancer, but also to cancers of the mouth and throat, high blood pressure, snoring — even deafness. Yes, you can quit!

Arizona Smoker's Helpline (ASHLine) is Arizona's free hotline for smokers who need encouragement to kick the habit, in English and Spanish. ASHLine's website has info on the dangers of secondhand smoke, tips for coping, cigarette-cost calculators and more. They'll even get you access to free smoking-cessation medications.

## No butts about it...

Call ASHLine today!  
Phone: 1-800-55-66-222  
Mon-Thurs: 8 a.m. - 8 p.m.  
Friday: 8 a.m. - 6 p.m.  
Saturday: 10 a.m. - 4 p.m.  
Web: [www.ashline.org](http://www.ashline.org)  
(Service is also available in Spanish and Korean.)



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